

DATE: \_\_\_\_\_

**Directions: THIS IS YOUR LAST TEST IN P.E. CLASS! EACH TEST QUESTION IS WORTH 6¼%. PLEASE ANSWER QUESTIONS 1 – 16 IN COMPLETE DETAIL. IF YOU HAVE QUESTIONS PLEASE ASK! GOOD LUCK!**

1. List **your** P.E. student number. This is the number you use to locate your grade in P.E. class. **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
2. Name at least 1 muscle that is located in your lower leg? **[THIS ANSWER IS NOT IN THE “WORD BANK”]** *Extra Credit will be given if you can name 3 muscles!*
3. Why do you warm-up playing games first – then stretch? Please explain. **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
4. List 5 out of 8 dance moves that we did in our Hip-Hop Fitness Dance Unit...**"Get Silly"** **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
5. Name 1 muscle in your arm that will help push things or objects AWAY from your body? Some examples of how that muscle works are; **opening a door, pushing someone away from you, or possibly throwing an object away from you body.** **[HINT: It is not your Deltoid - THIS ANSWER IS NOT IN THE “WORD BANK”]**
6. When we played scooter games... list 2 muscles that you used. **Explain how you used those muscles?** **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
7. Name the game that was played with a String, A Plastic Bottle Filled With Liquid, & Students? **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
8. When we finished our timed run... why did Mr. Malik have you walk around the basketball court once? Explain your answer. HINT it is not for exercise! **[THIS ANSWER IS NOT IN THE “WORD BANK”]**

9. When folding your *arm across your pectorals major* muscle what are you stretching? [THIS ANSWER IS NOT IN THE “WORD BANK”]
10. When the whistle is blown *once* -- it means to? [THIS ANSWER IS NOT IN THE “WORD BANK”]
11. List 2 muscles that enable you to *kick a soccer ball*. [THIS ANSWER IS NOT IN THE “WORD BANK”]
12. When laying in the *hurdler position* on your gluteus maximus *what muscle are you stretching?* HINT: It is not any of the 3 Vastus Muscles! [THIS ANSWER IS NOT IN THE “WORD BANK”]
13. List 2 muscles that enable you to *throw a baseball*. [THIS ANSWER IS NOT IN THE “WORD BANK”]
14. Name at least 1 muscle that is located in *your back*. [THIS ANSWER IS NOT IN THE “WORD BANK”] *Extra Credit will be given if you can name both muscles!*
15. What is the game that is played *in silence*? [THIS ANSWER IS NOT IN THE “WORD BANK”]
16. *In your own words* do you believe that P.E. class *IS NOT* important, *IS* important, or P.E. class *DOES NOT MATTER*? Explain you answer. [THIS ANSWER IS NOT IN THE “WORD BANK”]
- *8 Extra Points will be given for all names spelled correctly... ON THE BACK OF THIS SHEET LIST & SPELL ALL YOUR CLASSMATE’S NAMES [Spelling Counts]*